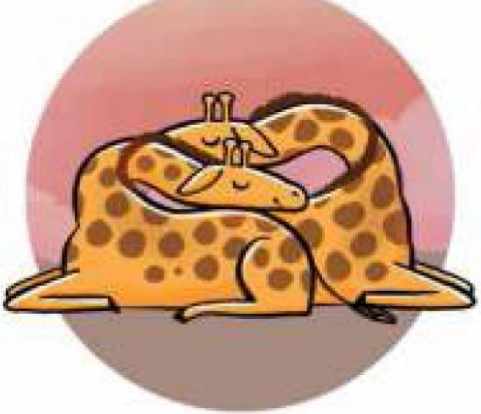
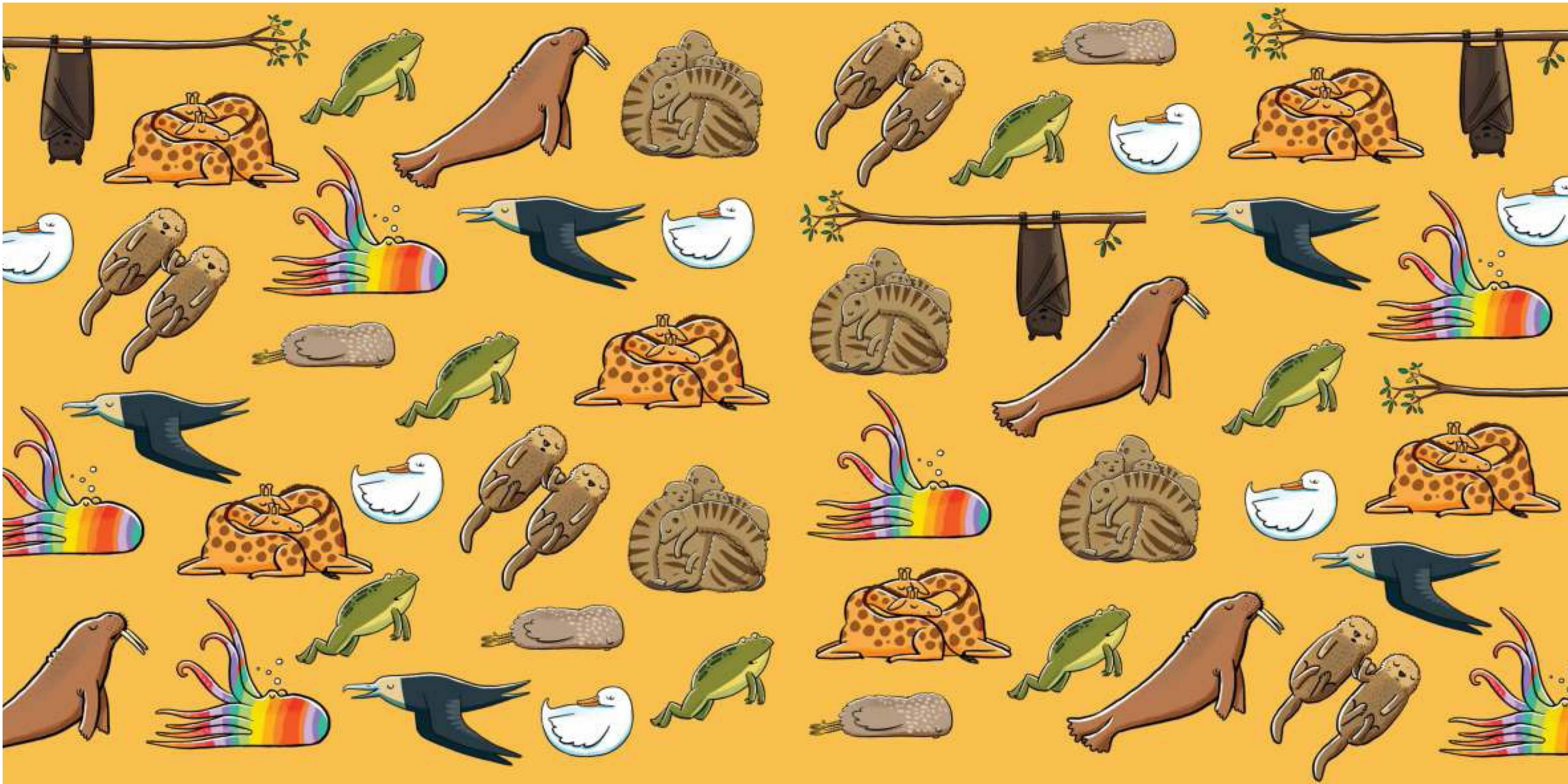


आप कैसे सोते हैं?

एलेक्स लैटिमर डायन एवरबक जॉर्जिया डेमर्टज़िस

सोने
के
निराले ढंग



Every child should own a hundred books by the age of five. To that end, Book Dash gathers creative professionals who volunteer to create new, African storybooks that anyone can freely translate and distribute. To find out more, and to download beautiful, print-ready books, visit bookdash.org.

How do you sleep?
Illustrated by Alex Latimer
Written and edited by Diane Awerbuck
Designed by Georgia Demertzis
with the help of the Book Dash participants in Cape Town on 14 May 2022.

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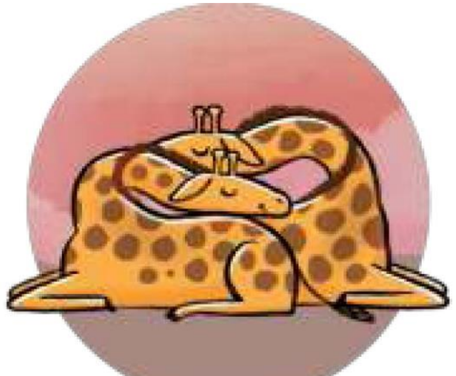
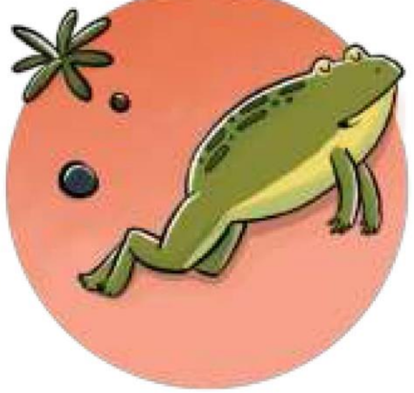
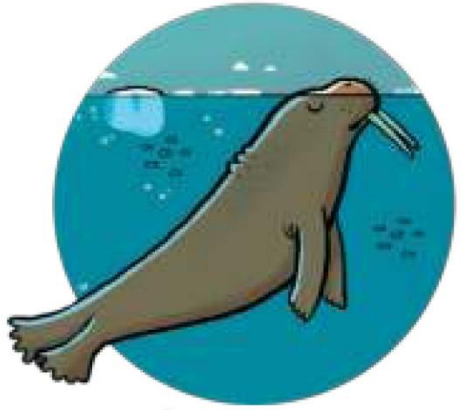



आप कैसे सोते हैं?



एलेक्स लैटिमर डायन एवरबक जॉर्जिया डेमर्टज़िस

अनुवादः आशुतोष उपाध्याय

तुम कैसे सोती हो चिड़िया?
मैं अपने सपनों में उड़ती हूँ।

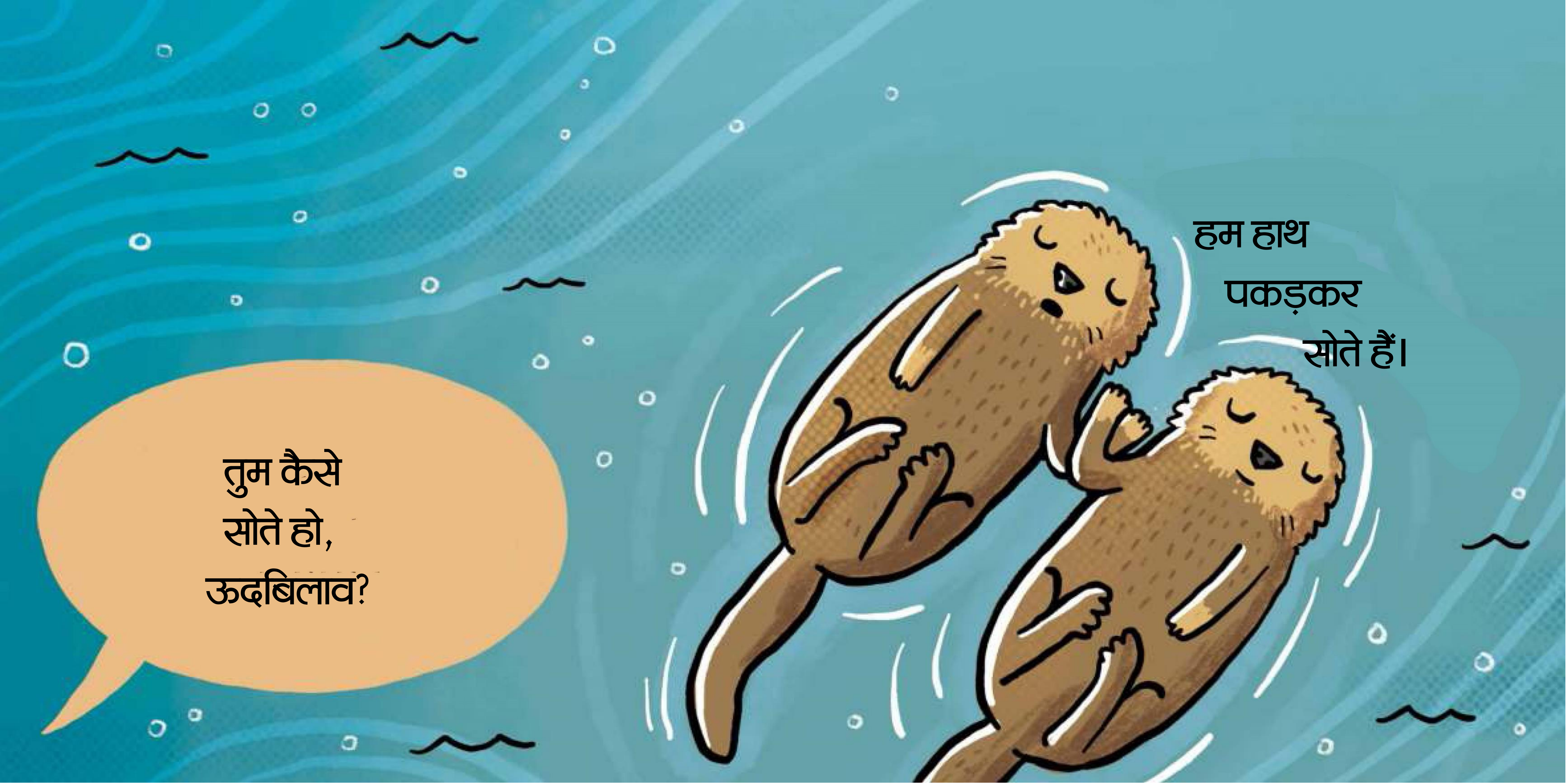
तुम कैसे सोते हो, चमगादड़?
मैं उल्टा लटककर सोता हूँ।

तुम कैसे सोते हो, मेंढक?
मैं करवट के बल आराम फ़रमाता हूँ।

तुम कैसे
सोते हो,
ऑक्टोपस?
मैं सपनों में
रंग बदलता
हूँ।

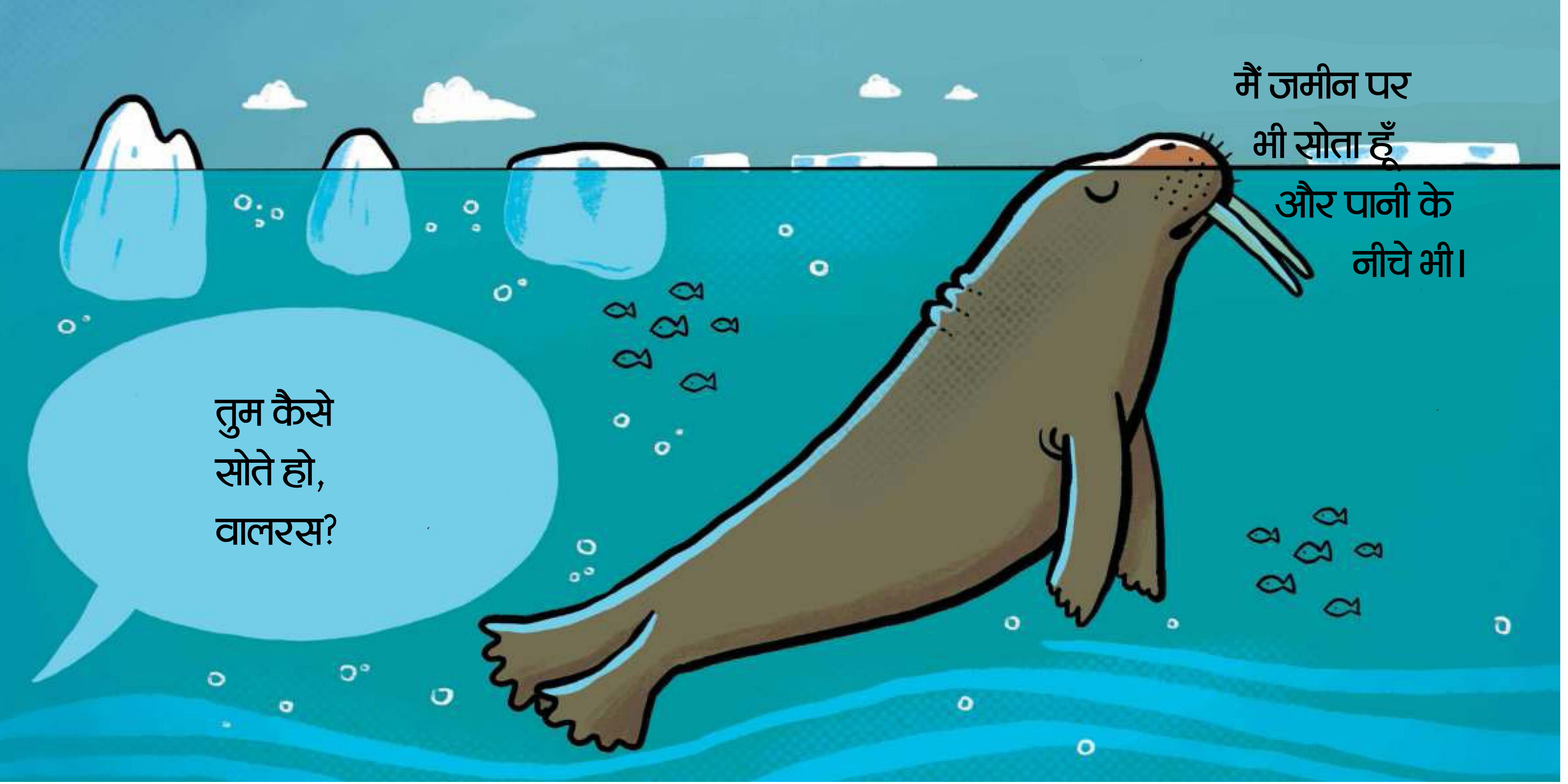
हम बारी-बारी से
एक-दूसरे की
रखवाली करते हैं।

मैं अपने चेहरे के बल सोता हूँ।



तुम कैसे
सोते हो,
ऊदबिलाव?

हम हाथ
पकड़कर
सोते हैं।


तुम कैसे सोते हो, वालरस?
मैं जमीन पर भी सोता हूँ और पानी के नीचे भी।

तुम कैसे सोते हो, जिराफ़?
हम एक-दूसरे पर टिककर सोते हैं।

तुम कैसे
सोते हो,
मीर्कैट?

हम एक ढेर
बनाकर सोते हैं।

तुम कैसे
सोते हो, पुला?

बोलकर शुभरात्रि !
बुझाकर बत्ती !